

PSY 101- Introductory Psychology

Winter 2024

M/W/F Sections:

Section 05: 3:00-3:50 ASH 2302

Section 06: 2:00-2:50 LMH 114

****THIS SYLLABUS IS SUBJECT TO CHANGE. Changes will be announced via email and/or Blackboard Ultra.

Instructor: Jenna Beffel Tolman

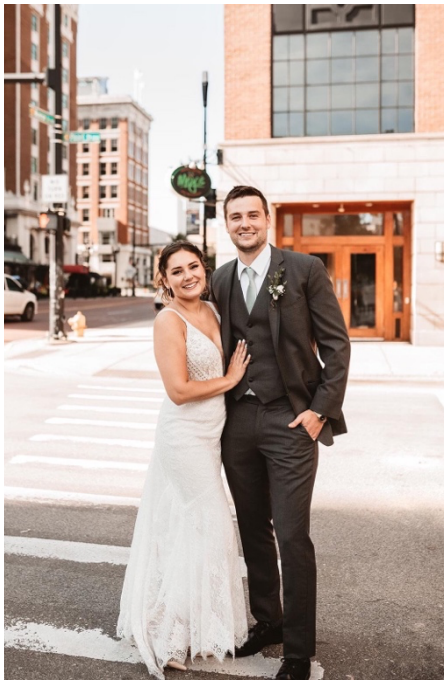
Email: tolmanj@gvsu.edu

Office: ASH 2109

Office Hours: Wednesdays 12:00-1:30 pm and Thursdays 11:30-1:00 pm (in-person) or by appointment (in-person or via Zoom- email me!)

Pronouns: she/her/hers

Instructor Positionality Statement:



Please call me Professor Beffel Tolman. I am currently a visiting professor in GVSU's psychology department and a doctoral candidate in the Child Development concentration of the Human Development and Family Studies department and MSU. As an instructor, my main goal is help you stretch your thinking about the world around you. Of course, it is my goal that you all leave this class with a solid understanding of course concepts. However, it is also my goal that all of you learn how to connect these concepts to your life as well as learn to think critically about topics regarding psychology. Furthermore, I believe it is important to recognize that each of us (students and instructors) views the science of psychology through a lens that was crafted by our own personal experiences. This is true for me as both an instructor and scientist, as well as for you all. My own personal and cultural experiences with human development and psychology is situated in my experiences as a child who grew up in my generation (millennial), in my culture (the Midwest), race (white), and gender (female). Lastly, as a student myself, I understand the struggles you may go

through throughout the semester. I highly encourage you to reach out with any struggles you have that impede your ability to succeed, no matter how small they may seem. I want each and every one of you to succeed in this course and so I am happy to work with you to create an individualized plan for your success. I look forward to learning both with and from you all this semester!

Course Description: This course will introduce you to the theories, research methodologies, and applications of psychology – the study of human behavior – and help you appreciate the importance of psychological phenomenon in your own life. A wide range of topics will be covered; some students consider the course to be rigorous and difficult because of this. However, it is important to remember that all of these topics refer to our experiences as humans...and chances are, all of us have spent some time contemplating the causes and consequences of our own and other's behavior. You are encouraged to apply your knowledge of the material to your own lives and the world around you.

This course is part of GVSU's General Education Program. Introductory Psychology partially fulfills the requirement of the Social and Behavioral Sciences category in Foundations. As part of the General Education Program, the goals of this course are to help students develop a) an understanding of how knowledge in the social or behavioral sciences is created and applied, b) an understanding of the major approaches, methods, theories, and substantive findings of the field, and c) an informed critical stance that will allow students to weigh and apply ideas and claims from the social and behavioral sciences outside of the classroom. The skills goals for this course are critical and creative thinking and ethical reasoning (see the following link for more details: <https://www.gvsu.edu/gened/syllabus-view.htm?course=101&subject=PSY>).

OBJECTIVES:

Upon successful completion of this course students will be able to:

- Identify major psychological theories and concepts and use psychological terminology correctly.
- Demonstrate an understanding of the scientific process in psychology.
- Critically evaluate the findings of psychological research.
- Recognize examples of how psychological concepts are applied to daily life.

Required Textbook and Materials:

- **Textbook:** We will be using OpenStax *Psychology* (2nd edition) by Spielman, Jenkins, and Lovett (2020). This textbook is REQUIRED but FREE! You can access the book using this link: <https://openstax.org/details/books/psychology-2e>. Our textbook is also pre-loaded into Blackboard and available to you the first day of class.
- Laptop, tablet, or other portable electronic device. There will be class periods in which students are required to access the internet during the class period.
- Additional materials will be posted on Blackboard Ultra.

E-mail: If you would like to contact the instructor regarding the course, you **must** use the email addresses listed at the top of this syllabus.

The instructor will read and respond to e-mails quickly (except on the weekends). Questions will be answered with a short reply if the question was not already answered in the syllabus or online. **Please include the course and section number in the subject line and make sure to sign your name and your G number at the end of your e-mail so that I know with whom I am**

communicating. You should check the syllabus, class e-mails, and/or ask a classmate for answers to any questions **before** sending an e-mail to the instructor.

Example of *acceptable* e-mail:

From: youremail@mail.gvsu.edu
Subject: PSY 101 Sec X
Hello Professor Beffel Tolman,

(Here is where you will put what you would like to ask).

Sincerely (or however you like to end your e-mails),
Your full name

Example of an *unacceptable* e-mail:

From: Soccerlover@gmail.com
Subject:

Hey
Is chapter 1 going to be on the quiz?
L8R

You should check your e-mail daily. The instructor will often send e-mails to you through the Blackboard Ultra system. **If you do not use your GVSU e-mail account, please make sure to forward your GVSU and Blackboard Ultra e-mails to your primary e-mail account.**

Course Expectations:

Instructor:

- Check email once a day (during weekdays) and respond within 24-72 hours. Questions will be answered or students will be directed to the answer (i.e., course syllabus).
- Offer appointments (via Zoom or in-person) to discuss complex questions, review grade issues, and provide clarity, as needed.
- Provide time at the beginning and/or end of each class session, unless otherwise stated, to field brief questions.

Students:

- Attend class and be prepared for discussion of assigned readings/materials.
- Actively participate during lectures and in-class activities and assignments.
- Be attentive and respectful toward your fellow students and the instructor.
- Disruptive classroom behavior such as: texting, online shopping, or playing games on your computer will not be tolerated.
- Frequently Blackboard Ultra for updates, grades, assignment instruction/information, etc.

- Check, read, and review course emails (sent via Blackboard Ultra OR the instructor’s email).
- Compose emails in a professional manner following the guidelines listed above (see Communication).
 - All written communication (e.g., email, papers, in-class assignments) should be written at the college level with proper sentence structure, spelling, and grammar. Double-check all of your work before submitting.
- Communicate in advance if you have a conflict with an assignment or exam. If eligible, modifications can only be made with prior discussion.

Course Format

This course will meet in-person three times a week. Students are required to complete course readings, materials, and assignments prior to coming to class each week. Readings, materials, and assignments will come from the textbook or will be posted on Blackboard Ultra. Student learning will be assessed with a syllabus quiz, exams, learning activities, enrichment activities, and a cumulative final exam. Specific instructions for these assessments will be posted on Blackboard Ultra. See the course schedule below for due dates.

Class Attendance: Attendance in this course is mandatory. Do not expect to pass this course if you do not attend class. I understand that life happens and there may be reasons you need to miss class (e.g., illness, family emergency). If you going to be absent, reach out and let me know *before* our class period. Please note that some course assessments cannot be made up.

Grading Scale:

Assessment	Possible Total Points
Syllabus Quiz	10
Exams	120 (30 points x 4)
Learning Activities	
Homework Assignments	30 (15 points x 2)
In-Class Activities (15 total but 3 dropped)	60 (5 points x 12)
Total:	90
Enrichment Activities	40 (10 points x 4 credits)
Cumulative Final Exam	75
Total Points:	335

Letter Grade	Percentage
A	100-93
A-	92-90
B+	89-87
B	86-83
B-	82-80
C+	79-77
C	76-73
C-	72-70
D+	69-65
D	64-60
F	59 and below

Assessments/Assignments Overview

Syllabus Quiz (10 points): During the first week of class, you will complete a short syllabus quiz. This quiz is worth 10 points and will be available on Blackboard Ultra. It is due by 11:59 pm on Friday, 1/12.

Exams (4 x 30 points = 120 points): Throughout the semester, we will have 4 exams. These exams will include information covered in textbook chapters, other assigned readings, in-class assignments and discussions, lectures, and other materials posted on Blackboard Ultra. Exams will be completed through Blackboard Ultra **IN CLASS**. On exam days, students will be responsible for attending class and bringing a laptop, tablet, or other mobile device compatible with Blackboard Ultra to class. Students will complete the exam on their device during class. Students may *not* complete the exam outside of class. Completing exams outside of class will be considered cheating. *If I find out that any student has completed the exam outside of class, the student will automatically be given a 0 and the university will be notified for further disciplinary action.* There will be no make-up options for missed exams unless discussed with the instructor prior to the exam day.

Learning Activities (90 points): Learning activities are designed to promote engagement and enhance learning. Throughout the semester, there will be two types of learning activities:

Homework Assignments (2 x 15 points each = 30 points total): We will have a total of two homework assignments this semester. The materials and instructions for these assignments will be post on Blackboard Ultra. Please see the course schedule for the homework assignment due dates. *Note: late assignments will not be accepted.*

In-Class Activities (15 total but 3 dropped; 12 x 5 points each = 60 points total): We will have a total of 15 in-class activities this semester, each worth 5 points. In-class activities will *not* be announced ahead of time. *If you are not present for any reason, you will not be able to earn credit for a missed in-class activity.* However, students will be able to drop 3 missed activities. In

other words, if you miss 3 in-class activities, you can still obtain a perfect score. 12 in-class activities will be counted towards your final grade. Therefore, you can miss up to 3 in-class activities and still obtain a perfect score (60 points). *These 3 “freebies” account for all reasons for missing so please do not ask me about make-ups.*

Extra credit option: Although only 12 in-class activities will count towards your final grade, students that complete more than 12 in-class activities will receive 5 extra credit points for each additional in-class activity they complete (up to 3 additional in-class activities possible). In other words, if you completed 13 in-class activities, you would receive the 60 points for the in-class activities as well as 5 extra credit points. If you completed 14 in-class activities, you would receive the 60 points for the in-class activities as well as 10 extra credit points. If you completed all 15 of the in-class activities, you would receive the 60 points for the in-class activities as well as 15 extra credit points. We will have a total of 15 in-class activities with 12 being counted towards your final in-class activity grade, meaning that there are 3 opportunities to earn extra credit by completing additional in-class activities.

Enrichment Activities (40 points): To acquaint students with the nature and variety of research topics and experimental methodologies in psychology, students will complete 4 credits of enrichment activities of their choosing, worth 10 points each. There are two types of enrichment activities:

Option #1: Participating in PSY research studies: This type of enrichment activity gives you an insider’s perspective on how psychologists do research and an opportunity to contribute to the psychological literature you read about in your textbook!

Option #2: Participating in research technique activity sessions: This type of enrichment activity advances your understanding of specific methodological techniques used in PSY research.

Enrichment activities are described in more detail in the syllabus Appendix (e.g., at the end of the syllabus). All PSY101 students at GVSU are required to earn 4 enrichment activity credits. In our course, each credit will be worth 10 points, equaling 40 points total. Your enrichment activities are due by **Friday, April 19th at 5:00 pm**. Please note that both types of Enrichment Activities are offered both face-to-face and online. You may complete the EA requirement using any combination of Enrichment Activity types but **at least two full credits of Enrichment Activities must be completed in person.**

Final Exam (75 points): This course will have a cumulative final exam which will be taken IN PERSON during the week of finals. Please see the course schedule for the final exam date and time.

Extra Credit: With the exception of completing additional in-class activities (see above section on in-class activities for more details), this class does *not* offer extra credit.

Late Assignment Policy: Make-up exams/assignments may be available for some assessments only if discussed with the instructor *before* the due date. All other late work is subject to penalty or may not be accepted at all.

Integrity of Scholarship and Grades: All academic work will be done by the student to whom it was assigned. If I have evidence of any form of academic dishonesty (cheating on an exam, giving or receiving information about what is asked in the exam, or any other form of cheating such as plagiarism), you will receive a failing grade in that activity and other consequences as dictated by GVSU policy. Plagiarism is presenting work, ideas or words that are not your own as though they were your own—this includes work of other students or work that is in a published source (the textbook, a journal article). To avoid plagiarism be sure to do your own work and put information in your own words. Use of quotes with appropriate reference to the original source from which you got the information or ideas is acceptable but less preferred than paraphrasing (with referencing of the source provided) in psychological writing. For more information on academic honesty please see the GVSU student code:

https://www.gvsu.edu/cms4/asset/7B58A5E7-F4C2-114C-CCDA36F96BD2AF73/gvsu_student_code_fall_2020.pdf

Accommodations: If you need special accommodations for accessing any of the materials for this class (e.g. testing) please let me know and I will work with you and Disability Support Resources (DSR) to set up the necessary accommodations to support your learning. Before I can discuss accommodations, you must present a memo to me from DSR, indicating the existence of a disability and the suggested reasonable accommodations. If you have not already done so, please contact the Disability Support Resources office (4015 JHZ) by calling 331-2490 or email to dsrgvsu@gvsu.edu. Please note that I cannot provide accommodations based upon disability until I have received a copy of the DSR issued memo. All discussions will remain confidential.

Help with Technology: Check with the GVSU helpdesk!

<https://www.gvsu.edu/it/>

(616) 331-2101

(855) 435-7488 (Toll-Free)

helpdesk@gvsu.edu

Help with Writing: Check out the GVSU Writing Center!

<https://www.gvsu.edu/wc/undergraduate-student-support-65.htm>

Help with Stress or Mental Health: Check out the GVSU Counseling Center!

<https://www.gvsu.edu/counsel/>

GVSU COVID Information: <https://www.gvsu.edu/lakerstogether/>

Help with Financial Difficulties: GVSU remains committed to supporting you through the impacts of the COVID-19 pandemic and is here to help you in times of financial need, including assisting with accessing technology requirements. Financial hardship funds are available to help student's meet their basic needs, and help cover educational costs (such as housing, food, textbooks and technology) that a student could not otherwise pay out of pocket. Please visit the GVSU Special Circumstance & Financial Hardship Requests web page for more information.

<https://www.gvsu.edu/financialaid/financial-hardship-requests-226.htm>

Psych Friends Peer-to-Peer Mentors: Psych Friends mentors are upper-level psychology and behavioral neuroscience students who are trained to provide support in many areas, such as: effective studying and time management techniques, exam preparation and reflection skills, understanding the PSY and BNS major requirements, potential jobs and careers in the field, the process of applying for graduate school, and how to maintain physical and mental health as a student. Visit <https://www.gvsu.edu/navigate> to schedule an online or in-person meeting today!

Helpful GVSU Policies: <https://www.gvsu.edu/policies/>

This course is subject to the GVSU policies listed at <http://www.gvsu.edu/coursepolicies/>

Course Schedule

*Please note that readings assigned course materials are expected to be completed *before* coming to class on the assigned date.

**This schedule is subject to change. Students are responsible for any changes announced in class or on Blackboard Ultra.

Week	Date	Topic and Readings	Assessments/Assignments
Week 1	M 1/8	Course introduction Chapter 1: Introduction to Psychology	Review Syllabus Read Chapter 1
	W 1/10	Chapter 1: Introduction to Psychology	
	F 1/12	Chapter 2: Psychological Research	Reach Chapter 2 Syllabus Quiz due by 11:59 pm
Week 2	M 1/15	NO CLASS	
	W 1/17	Chapter 2: Psychological Research	
	F 1/19	Chapter 2: Psychological Research	Homework #1 due by 11:59 pm
Week 3	M 1/22	Chapter 3: Biopsychology	Read Chapter 3
	W 1/24	Chapter 3: Biopsychology	
	F 1/26	Chapter 4: States of Consciousness	Read Chapter 4
Week 4	M 1/29	Chapter 4: States of Consciousness	
	W 1/31	Catch up and Review	Study for exam #1

	F 2/2	EXAM #1 (chapters 1-4)	
Week 5	M 2/5	Chapter 5: Sensation and Perception	Read Chapter 5
	W 2/7	Chapter 5: Sensation and Perception	
	F 2/9	Chapter 6: Learning	Read Chapter 6
Week 6	M 2/12	Chapter 6: Learning	
	W 2/14	Chapter 7: Thinking and Intelligence	Read Chapter 7
	F 2/16	Chapter 7: Thinking and Intelligence	
Week 7	M 2/19	Chapter 8: Memory	Read Chapter 8
	W 2/21	Chapter 8: Memory	
	F 2/23	Catch up and Review	Study for exam #2
Week 8	M 2/26	EXAM #2 (chapters 5-8)	
	W 2/28	Chapter 9: Lifespan Development	Read Chapter 9
	F 3/1	Chapter 9: Lifespan Development	
Week 9	M 3/4	NO CLASS	
	T 3/6	NO CLASS	
	F 3/8	NO CLASS	
Week 10	M 3/11	Chapter 9: Lifespan Development	Homework #2 due by 11:59 pm
	W 3/13	Chapter 10: Motivation and Emotion	Read Chapter 10
	F 3/15	Chapter 10: Motivation and Emotion	
Week 11	M 3/18	Chapter 11: Personality	Read Chapter 11
	W 3/30	Chapter 11: Personality	
	F 3/22	Chapter 12: Social Psychology	Read Chapter 12
Week 12	M 3/25	Chapter 12: Social Psychology	
	W 3/27	Catch up and Review	Study for exam #3
	F 3/29	EXAM #3 (chapters 9-12)	
Week 13	M 4/1	Chapter 14: Stress, Lifestyle, and Health	Read Chapter 14
	W 4/3	Chapter 14: Stress, Lifestyle, and Health	
	F 4/5	Chapter 15: Psychological Disorders	Read Chapter 15
Week 14	M 4/8	Chapter 15: Psychological Disorders	

	W 4/10	Chapter 16: Therapy and Treatment	Read Chapter 16
	F 4/12	Chapter 16: Therapy and Treatment	
Week 15	M 4/15	Catch up and Review	Study for exam #4
	W 4/17	EXAM #4 (chapters 14-16)	
	F 4/19	Course review and close	ENRICHMENT ACTIVITIES DUE by 5:00 pm
Week 16	M 4/22	SEC 05 FINAL EXAM 2:00-3:50 pm	
	W 4/24	SEC 06 FINAL EXAM 2:00-3:50 pm	
	F 4/26		

**Enrichment Activities:
Learning about Psychological Research**

In the Enrichment Activities (EA) portion of the course, students will be given the opportunity to experience psychological research first-hand. Two kinds of enrichment activities are available:

- *Option 1* involves being a participant in research studies conducted by Psychology Department faculty and students.
- *Option 2* involves completing activities that will introduce you to a variety of research techniques used in psychological research.

Students must earn **four** EA credits for this requirement. The credit you earn by completing each EA is a function of the amount of time it takes to complete it. For example, by participating in a brief online study (30 minutes or fewer) you would earn ½ of an EA credit whereas an EA that takes one hour to complete would earn 1 credit. Both types of Enrichment Activities will be available in face to face and online formats. You may complete the EA requirement using any combination of EA types, however, **at least two full credits of EAs must be completed in person.**

Enrichment activities are scheduled and offered through the Sona Study Scheduling System. You will receive an email at the beginning of the semester sometime during the first week of class containing your User ID and an initial password, and a link to the Sona system website at <https://gvsu.sona-systems.com>. If you do not receive an email regarding your account by the **end of the first week of class**, please contact Hannah Todd at psychlab@gvsu.edu. SONA Systems maintains a strict policy protecting your privacy and confidentiality. This policy is available for review in the Psychology Office.

Additional details regarding the enrichment activities and an FAQ are available online at <https://www.gvsu.edu/psychology/psy-101-participation-in-research-sona-435.htm>

Screening Instrument: Once you receive your User ID and password, you will be able to immediately earn .5 credits by completing an online prescreening questionnaire. This is a short questionnaire used by some researchers to determine your participation eligibility for studies carried out throughout the semester. You must be 18 or older to complete the prescreen survey. You are not required to complete it, but doing so increases the number of studies you will be able to choose from during the semester. You can complete the prescreen at any time from the My Profile tab on the blue bar at the top of the page, however, completing it early (within the first two weeks of class) ensures that you will have access to the widest variety of EA activities within the Sona System.

Enrichment Activity Deadline

The last day to complete your EA requirement is **April 19th @ 5:00 pm.**

